**Simple Ways to Live a Healthy Lifestyle**

You hear a lot about living a healthy lifestyle, but what does that mean? In general, a healthy person doesn't smoke, is at a healthy weight, eats healthy and exercises. Sounds simple, doesn't it? The trick to healthy living is making small changes: taking more steps, adding fruit to your cereal, or having an extra glass of water. These are just a few ways you can start living healthy without drastic changes.****

**Exercise**

One of the biggest problems in the UAE today is lack of activity. We know it's good for us but avoid it because we're used to being sedentary or afraid that exercise has to be vigorous. The truth is, movement is movement and the more you do, the healthier you'll be. Even moderate activities like chores, gardening and walking can make a difference.

Just adding a little movement to your life can:

* Reduce the risk of heart disease, stroke and diabetes
* Maintain bone mass
* Improve mood and reduce symptoms of anxiety and depression
* Enhance self esteem
* Improve memory in elderly people
* Reduce stress

So, even if you opt for small changes and a more modest weight loss, you can see the benefits are still pretty good. One study has found that just a 10% weight reduction helped obese patients reduce blood pressure, cholesterol and increase longevity.

**Eating Well**

****Eating a healthy diet is another part of the healthy lifestyle. Not only can a healthy diet help with weight management, it can also improve your health and quality of life as you get older. If you're looking for small changes, you can use these tips for simple ways to change how you eat:

* Eat more fruit. Add them to your cereal.
* Sneak in more veggies. Add them wherever you can. Keep veggies ready for quick snacks.
* Switch your salad dressing. If you eat full-fat dressing, switch to something lighter and you'll automatically eat less calories.
* Eat low-fat or fat-free dairy. Switch to skim milk or fat free yogurt.
* Make some substitutes. Pick 3 foods you eat every day. The next time you're at the store, find lower-calorie substitutes for just those 3 items.

Creating a healthy lifestyle doesn't have to mean drastic changes. In fact, drastic changes almost always lead to failure. Making small changes in how you live each day can lead to big rewards. So, figure out what you can do to be healthy today.